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# Halifax metro

Your essential daily news | TUESDAY, MARCH 1, 2016

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metroNEWS



Andrea Crichton holds her new daughter, who has yet to be named and who was born Monday, at the IWK Health Centre in Halifax.

JEFF HARPER/METRO



## LEAP FOR JOY

Halifax baby born with a special birthday  
metroNEWS

## Hello March, hello sunshine

### UNSEASONABLE

#### Mild weather gets locals out golfing



Haley  
Ryan  
Metro | Halifax

What a difference a year makes.

Temperatures soared more than 10 degrees in Halifax on Monday as the sun shone on golfers and horse riders, while this time last year saw the city reeling from heavy snowstorms.

"Everybody's loving it. Everybody is pretty excited to be golfing in February," Clarry Robicheau, operations manager for Indian Lake Golf Course in Goodwood, said Monday.

Robicheau said the course officially opened its front nine holes Feb. 19 and the back nine Monday, seeing the whole course open for likely the first time in February ever.

Hundreds of people have come to golf so far, with about 80 taking advantage of the spring weather Monday, Robicheau said.

Indian Lake is officially open for the season, but might have to close for a few days here and there if the region gets any more snow or rough weather, Robicheau said.

After such a long, icy winter last year that delayed the golf course season into May, Robicheau said it's been a "bit of a relief" to open so early.

"It gets people involved the game earlier," Robicheau said. "It's a big boost."

The Halifax Junior Bengal Lancers also took lessons outdoors Monday, which instructor Angie Holt said they've been lucky enough to do a couple times in recent weeks instead of using the smaller indoor ring.

They often aren't able to train outside until May, when the ground softens up and snow melts, Holt said, so getting a

jump on the season could make a difference for those competing in horse shows and the musical ride.

"It's nice for everybody's sense of well-being to be outdoors as well," she said.

The spring weather was bad news for skaters, however, as the Emera Oval in Halifax was closed over the weekend and Monday.

Halifax Regional Municipality spokeswoman Tiffany Chase said the city hopes Tuesday will bring better luck with temperatures dropping overnight, but residents should keep an eye on condition updates at halifax.ca/skatehrm.

### + RESTRICTIONS

Spring weight restrictions are now in place for heavy vehicles in the former County of Halifax until April 25.



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# Emotional family turns the key

**SPRyFIELD**

**Mother, three daughters move into Habitat for Humanity home**

 **Zane  
Woodford**  
Metro | Halifax

Monique Francis thought she'd be able to control her emotions when she saw her brand-new, finished home in Spryfield for the first time Monday.

But after turning the key and opening the door, she couldn't help but to burst into tears.

"I didn't realize how emotional it would be," she said Monday after the big reveal at the house that she'll share with her three daughters, Carly, Chloe and Candice, and their tiny 10-week-old Chihuahua-Yorkie mix, Hercules.

"I figured I would tear up, but I didn't expect it to hit quite like it did when I walked in."

"I've never seen my mom cry this hard, by the way, except for when she watched a death in Grey's Anatomy," said Carly.

The family was one of two to move into a duplex in Spryfield on Monday — the latest beneficiaries of Habitat for Humanity's home ownership program.

Families apply for the program and are selected based on their need, their ability to pay off a special mortgage with no down payment, and a commitment to put in 500 hours of "sweat equity" working on future Habitat for Humanity builds.



Monique Francis and her daughters, Carly, right, Chloe and Candice, share a laugh in the kitchen of their new Habitat for Humanity home in Spryfield on Monday. Inset: Carly and her dog, Hercules, check out their new room. JEFF HARPER/METRO



**I figured I would tear up, but I didn't expect it to hit quite like it did when I walked in.** Monique Francis

struggle to make home ownership a reality for their family."

"Having a place to call home is more than just a roof over

your head. We all know that," she said. "It gives families a sense of protection, self-worth and the dignity that every person

deserves."

For Francis's daughters, it means having their own spaces after sharing one room between the three of them for years.

"It's really great to have my own space," said Chloe, who along with her sister is finishing up high school, and happy to have a space to work in when

she starts university next year.

"I just want to sit on my bed, close the door and be able to tell my sisters to get out of my room," said Carly.

She won't have the room completely to herself, though: she'll have to share with Hercules.

Luckily, he doesn't take up too much space.

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# Musicians sing the blues over stolen instruments

REGAL BEAGLE BAND

**Members hope social media will help them get gear back**

**Yvette d'Entremont**  
Metro | Halifax

Members of the Regal Beagle Band are singing the blues over the theft of \$3,500 worth of equipment from their van, but they're hopeful social media attention will deliver.

Since the discovery of the theft on Saturday afternoon, the band's bass player Kyle Findlay said fans, the general public and the music community have all stepped up with offers to help.

From checking out pawn shops to loaning equipment to sharing their Facebook post about the theft, Findlay said people have stepped up and overwhelmed them with their generous support.

"Some other bands that we know have had the exact same thing happen to them and they've gotten their gear back because of the spread of word about everything that has been stolen and the support they've gotten from within and outside the industry," Findlay said.

Findlay noticed the missing



**Members of The Regal Beagle Band**, from left, Calen Kinney, Kyle Findlay and Jacob Noonan had about \$3,500 worth of musical equipment stolen from their van parked on the corner of Oxford and Allan streets in Halifax. JEFF HARPER/METRO

gear on Saturday while preparing to help his drummer move. He went to make room in the van and noticed the dash was open.

"Then I looked over and saw that the passenger side door was unlocked and then I looked into the back of the van and noticed most of the gear was gone, so immediately I knew it had been broken into," he recalled.

The stolen equipment includes a bass amp and pedals, cymbals, kick pedal, snare drum, and a Vox guitar amp. A

## + EQUIPMENT

### Public asked to help

The Regal Beagle Band is asking friends, fans and the general public to help them find their stolen gear. A list of the missing equipment can be found at [www.facebook.com/TheRegalBeagleBand](http://www.facebook.com/TheRegalBeagleBand)

suitcase with the last 40 copies of the band's album was also taken.

The theft was reported to police.

The van hadn't been used in about a week, so the gear was taken some time between Feb. 20 and Feb. 27. It had been parked in its usual spot on the corner of Oxford and Allan streets in Halifax. Findlay said they considered it a safe lot as they had never had trouble before.

"Now we know the folly of our ways," he said.

The rock/indie/folk band doesn't have any gigs scheduled for the next couple of

weeks and can take up offers from other musicians willing to loan equipment. But if their gear isn't returned, Findlay said they'll eventually have to replace it.

He said that's a hardship for a band whose members are mostly students and work in the service industry.

"At the end of the day we aren't looking for revenge or anything like that," Findlay said. "We just simply want our gear back so we can keep making music. That's all that matters to us."

CRIME

## Two teens held over robbery

**Dylan DesRoches**  
For Metro | Halifax

Two teens were scheduled to appear in court Monday after an armed robbery Sunday night. Halifax Regional Police said that before 9 p.m. on Sunday, two women in their early 20s were walking on a path behind Parker Street in Dartmouth when they were approached by two males.

The suspects asked for a cigarette. When one of the women pulled out a package of cigarettes, a suspect tried to take it, a police news release said.

One of the two suspects, who are 15 and 16 years old, then pulled out a knife and demanded the victims hand over their cigarettes and backpacks.

The suspects fled and the women called police. Officers located and arrested the two suspects without incident a short distance away.

## CRIME

### Dump truck stolen from Seabright storage yard

A dump truck valued at between \$50,000 and \$75,000 has been stolen from a storage yard next to a Seabright residence. The blue 2008 International 750 dump truck, licence No. 40037D, went missing between Feb. 21 and 23, Halifax RCMP said.

KRISTEN LIPSCOMBE/METRO



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#### Hint:

Follow Hyundai on Facebook, Twitter and Instagram to discover the answer, which was posted earlier this week.



\*Canadian residents who have reached the age of majority in their province or territory can enter the contest at [www.hyundaisupersearch.com](http://www.hyundaisupersearch.com) between February 13, 2016 at 12:01am (ET) and April 4, 2016 at 11:59pm (PT). One entry per each Weekly Prize. One entry per Grand Prize. Four (4) Weekly Prizes of CDN\$2,500.00 each, and one (1) Grand Prize of CDN\$20,000.00. To be eligible for Grand Prize, contest participant must perform test drive of a new Hyundai vehicle at a Canadian Hyundai dealership and submit the correct answer to the final SuperSearch Clue. To be eligible for Secondary Weekly Prizes, contest participant must submit the correct answer for each respective SuperSearch Clue. Each Weekly Prize is exclusive of each other; answer submission for all Weekly Prizes is not required to be eligible to win any one (1) Weekly Prize. Chances of winning depend on the total number of eligible entries received. Eligible winners must correctly answer skill-testing question. Prize draws will be held at 16 Mary Street, Unit 4, Aurora, Ontario at approximately 2:00 PM (ET) on April 7, 2016. No purchase required. Complete rules available at [www.hyundaisupersearch.com](http://www.hyundaisupersearch.com). The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp.

HERITAGE

## Lane's name reflects history

**Dyan DesRoche**  
For Metro | Halifax

A Dartmouth street is going back in time.

The eastern section of Jamieson Street is becoming Ropewalk Lane, in historical reference to the city's former prominent rope factory, Halifax Regional Municipality officials announced Monday.

The renaming is taking place because there are currently two Jamieson Streets. Jamieson Street splits, and both resulting streets are named Jamieson, creating confusion and a public safety issue.

According to civic addressing policies, streets that branch off must have separate names, in order to prevent confusion.

The issue was discussed by the municipality's civic addressing public safety committee, which recommend the eastern section of Jamieson be renamed, according to an HRM news release.

Ropewalk Lane honours The Dartmouth Rope Works Co., which was located a short distance from the renamed street. Rope made in the factory used to travel on this road daily..

Halifax city council approved the renaming last Nov. 24 and the new name comes into effect Monday, March 7.

## March 7

Date the name change takes effect. City council originally approved the change on Nov. 24.



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# Answering a call for help

SOCIAL SKILLS

## Consultant teaches phone manners to today's texters



**Yvette d'Entremont**  
Metro | Halifax

When Mary Jane Copps started her business 10 years ago, she had no idea how in demand her telephone communication services training would be.

The past three years have been booming as businesses and a younger generation not used to telephone talk turn to Copps, a.k.a. The Phone Lady, for help. Like public speaking, Copps said, telephone communication has its own skill set and it's in danger of becoming a dying art.

"When you want to get into banking or whatever your career path is, you may need to

be able to speak on the phone and have a conversation, and that younger generation to some degree is falling behind," said Copps, author of *The Phone Book: Essential Telephone Communication Skills*.

"Many of them are being encouraged to be entrepreneurs and I'm spending a lot of time working with startups, helping them talk on the phone because they have to be able to call investors and they have to be able to call prospective customers."

Copps said young people are used to simply texting for everything from pizza delivery to making a dentist's appointment.

This puts them at a disadvantage and has led to an increasing number of people who experience what Copps describes as phone phobia.

"These young people are faced with two things. You have to pick up the phone to find a job and you may have to do a phone interview. I feel for them because it's not that they



**Mary Jane Copps**, a.k.a. The Phone Lady, helps people get over "phone phobia." CONTRIBUTED

can't do it, but they are really afraid because they haven't had to do it."

Copps said many of her business clients have also started

placing greater emphasis on telephone conversations and less on email.

"I think in business there's a recognition that picking up the

phone holds value again," she said. "But (there's) also a recognition on some level that talking on the phone is a skill that it isn't an automatic given."

OFF-LEASH PARK

## People happy dogs less yappy

**Zane Woodford**  
Metro | Halifax

The municipality says its controversial new signs at an off-leash dog park in Dartmouth are working.

Halifax Regional Municipality spokesman Brendan Elliott said Monday the two signs were put up in the off-leash area at Shubie Park in mid-January after the municipality received numerous complaints about dogs barking last summer.

There was already a sign in the area asking dog owners to

try to limit their dogs barking, but these ones are meant to hammer the point home.

"If your dog barks it can disturb neighbours and other park users," the signs read.

"Please do not use this area if you can't control your dog's barking."

At the top of the sign are the words, "Courtesy Matters," and at the bottom of the sign is a hashtag, #Respect, and the Halifax logo.

"Having that hashtag, #Respect — which is generally known as a Twitter tool — perhaps might make more people send the message out online

to people before they come to the park," Elliott said.

Elliott said municipal staffers were dispatched to the park on 17 occasions to document the barking with audio and video, and they identified a problem with barking.

Elliott said there have been no complaints since the signs went up, and the municipality hopes it won't have to take any further action.

But he said it hasn't ruled out the possibility of moving the off-leash area to another area of the park.

"From our perspective, the signs are working," Elliott said.

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## MARRIAGE

## Still in love after 80 years

In a time in which many marriages don't last, a Nova Scotia couple who met as teenagers in 1932 are being honoured as one of Canada's longest couples.

Bill and Bertie Nickerson have been married 80 years and still live in the brick house in Liverpool, N.S., he had built for them following their wedding in 1935.

"He hasn't kicked me out yet and I haven't kicked him out, so we're sticking together," Bertie said Monday.

Bill is now 101 years old, Bertie 98.

They met by chance. Bill had a friend

who was going from his hometown of Liverpool to nearby Milton to visit Bertie's older sister and encouraged Bill to tag along.

They dated for three years because Bertie, then 15, wouldn't get married until she turned 18 and graduated high school.

Bill was sick Monday and unavailable for an interview, but he recently said. "It was like heaven. Something went over me that I can't explain."

Granddaughter Kerri Nickerson nominated the couple in a contest run by Worldwide Marriage Encounter. She says her grandparents have always been in love and often refer to each other as boyfriend and girlfriend.

THE CANADIAN PRESS



Bertie and Bill  
CONTRIBUTED



Andrea Crichton's new daughter, who has yet to be named, was born Monday, a leap day, at the IWK Health Centre.

JEFF HARPER/METRO

## Leaping into life at IWK



Brendal Townsend holds her son Xavier Martell Townsend, also born Monday at the IWK Health Centre. JEFF HARPER/METRO

## CELEBRATION

### Feb. 29 special birthday for two newborns

**Haley Ryan**  
Metro | Halifax

Babies born in Halifax Monday got some extra-special attention. One even met a princess.

Andrea and Steve Crichton welcomed their baby girl at the IWK Health Centre around 5 a.m. on Leap Day, but hadn't decided on a name since Andrea said they had felt it might be a boy and planned those names.

"My due date is actually today and the last thing we ever thought was that we'd ... have a baby on our due date," Andrea said, smiling down at the baby in her arms who let out a little sneeze, struggling to open her eyes.

Chelsea, the Crichtons' older

daughter, was dressed in a blue gown and tiara as Princess Elsa from Frozen, since Andrea said she missed fairy-tale day at preschool to see her new baby sister.

The new baby, seven pounds seven ounces, follows in the footsteps of Andrea's own great-grandmother.

"As soon as we found out that our due date was Feb. 29, (my dad) said that'll be the day — you're going to have a Leap Year baby too, following the family tradition," she said.

The Crichtons will likely celebrate their daughter's birthday on Feb. 28 most years, Andrea said, while a little boy down the hall of the Halifax hospital will grow older a day later.

Brendal and Scott Townsend had their first child, Xavier Martell Townsend, just after 6:30 a.m. Monday. They will likely celebrate his birthday March 1 most years, then have two birthdays during a Leap Year, they said.

Brendal said Xavier, seven



**When Xavier's 70 years old, it'll still be quite a laugh.**

Dad Scott Townsend

pounds two ounces, was due Wednesday, but the couple had talked about how awesome it would be to have a Feb. 29 baby.

"It's not just your regular birthday," Brendal said. "The fact that he managed to just come out on that day is so cool. We feel lucky."

Originally from Pennsylvania, Brendal said she also feels lucky to have a child in Canada where there's maternity leave, and the U.S. doesn't have "the care that you have here."

It will be quite a festival every four years to have two birthdays for Xavier, Scott said, and joked it's possible he "just won't age."

"He'll age four times slower than everybody else, so he'll live for a long time," Scott said.

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# Pamela Anderson wants PM to defund seal hunt

## ANIMAL RIGHTS

## Actress says money better spent on other businesses

Pamela Anderson is hoping Prime Minister Justin Trudeau will hear her out on behalf of seals. In a letter to Trudeau, the Canadian-born actress asks him to meet her to discuss phasing out or ending federal subsidies for the East Coast commercial seal hunt.

Anderson writes in the letter obtained by The Canadian Press that Ottawa has poured millions of taxpayers' dollars into propelling up the fading industry.

The honorary director of the PETA animal-rights group says the money could be better spent promoting businesses with a brighter future that would help the world see Canada as a sophisticated, enlightened country.



**Pamela Anderson**, seen here outside Toronto's Queen's Park in 2009 to launch a new ad campaign with PETA against Canada's commercial seal hunt, is urging Prime Minister Justin Trudeau to end federal subsidies for the hunt. TORSTAR NEWS SERVICE

The former star of the TV series Baywatch is among several prominent figures including U.S. President Barack Obama and music legend Paul McCartney who have spoken out against the hunt.

With limited market options, the commercial hunt in Canada has shrunk in recent years. Hunters landed 38,000 harp seals last year, compared

with 55,000 in 2014 and 91,000 in 2013.

The former Conservative government steadfastly defended the commercial hunt as beneficial for local economies, humane and well-regulated. In recent years, the federal government has invested in programs to promote seal meat in domestic and foreign markets.

Critics have long insisted it's

**"Usher in a new era of fiscal responsibility and kindness."**

Pamela Anderson

a cruel, unnecessary slaughter.

Anderson wrote in her letter to Trudeau on Monday that she admires his progressive views on LGBTQ rights, his compassionate stance on the Syrian refugee crisis and his decision to name a gender-balanced cabinet.

"There's another issue that has sullied Canada at home and abroad for years, which I hope you'll address: wasteful government bailouts of the nearly extinct East Coast commercial seal trade," she wrote. "I urge you to usher in a new era of fiscal responsibility and kindness by ending federal subsidies of the commercial seal slaughter."

THE CANADIAN PRESS

## ATLANTIC CANADA

## Syrian families arrive amid tight job market

As Syrian refugees flow into Atlantic Canada, there's hope they'll help repopulate a struggling region even as the newcomers navigate the challenges of a tight job market.

"You can bring hundreds and thousands and if they don't stay, you have lost, you haven't done anything," Lena Diab, the Nova Scotia minister of Immigration, said in an interview Monday.

Approximately 946 Syrian refugees will have landed in Nova Scotia by this week, including a family of seven on Monday, with 1,500 expected by year's end.

Some are bringing valuable skills, and are quickly being linked into private sponsorship groups set to help them stay.

Ahmad Ayash arrived at the Halifax airport Monday with his wife Fatmeh and five children, saying he hopes to continue working as a civil engineer.

"It's the greatest feeling," he said with a big smile as a church group welcomed him. "I am grateful and thankful for all the people here in Lunenburg who are helping us and supporting us."

Claudette Legault, director of the Immigrant Services Association of Nova Scotia, says she hopes the support of the private sponsors will help overcome the challenges of finding jobs — a problem that has led to refugees departing the region in the past.

THE CANADIAN PRESS

## IN BRIEF

### Review of Canada-EU trade deal completed

The federal government says the legal review of Canada's free trade deal with the European Union has been completed — and the door is open for the pact to come into force next year. THE CANADIAN PRESS

### Foster parents allege vendetta by social workers

A couple says they believe social workers in the British Columbia Children's Ministry are carrying out a "personal vendetta" against them for trying to keep a Metis toddler they've raised since birth. THE CANADIAN PRESS

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## 5

**THINGS TO KNOW ABOUT SUPER TUESDAY**

Americans in 11 states vote today, the biggest day on the presidential primary calendar. There are a total of 1,460 delegates up for grabs — 865 for Democrats, 595 for Republicans. Here's what you need to know. TORSTAR NEWS SERVICE/THE ASSOCIATED PRESS

**2 How broad is Trump's appeal?**

Donald Trump is leading in the south, the north, the Midwest, everywhere. He currently has 82 Republican delegates. Cruz has 17, and Marco Rubio has 16. If he manages a Super Tuesday sweep, or wins every state but Texas, we can start calling him the presumptive nominee.



# THE REAL HOME SHOW 2016

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**1 Can Ted Cruz win the South?**

If the Texas senator loses to Donald Trump in his home state, his candidacy is either finished or doomed. And, even if he wins, he needs at least a few other triumphs in the south to have a real path to the nomination. But with 155 Republican delegates up for grabs, Texas is truly the biggest prize.

**3 Will Marco Rubio be a real contender?**

The Florida senator has not won a single state, but he earned rave reviews and heavy coverage this week for a Trump-mocking debate performance. If that doesn't translate into strong showings, such as, say, a victory in Virginia, it is hard to see what will.

**4 Can Bernie Sanders win anywhere outside Vermont?**

He has his home state locked down, but he doesn't have a lead anywhere else. Without victories in some other places, such as Colorado, Minnesota or Massachusetts, which borders Vermont, his path to success will be just about closed. Sanders will be hard-pressed to win any of the southern states which are home to large numbers of black Democrats, such as Georgia and Alabama.

**5 How big is Clinton's margin in Texas?**

Texas will determine 222 Democratic delegates, more than twice as many as any other Tuesday state. Hillary Clinton managed a key win there during her failed 2008 campaign against Barack Obama. After her decisive win in South Carolina, she has 91 delegates, while Sanders has 65. A huge win for Clinton this time would be big trouble for Sanders.

**CALAIS**  
**Police,  
migrants  
clash in  
France**

Makeshift huts went up in flames on Monday in an angry backlash as workers, guarded by scores of French police, began pulling down tents and shelters in the sprawling migrant camp in Calais.

Police lobbed tear gas in a brief clash with pro-migrant activists and others throwing projectiles at officers forming a security cordon to protect the tear-down.

There were no reports of injuries. At least three pro-migrant activists were arrested, authorities said.

As tension mounted, the fragile structures in part of the camp came down and heavy equipment was moved in to scoop up the rubble and junk left behind by weary migrants dreaming of a new life in Britain.

Three makeshift homes went up in flames, the fires set either by upset migrants or pro-migrant activists, according to Gilles Deboe, who acts as a police spokesman. A second larger fire, apparently spread by wind, destroyed a mass of shelters.

About 4,000 people are estimated to live in the camp.

THE CANADIAN PRESS



Clashes at Calais migrant camp. THE ASSOCIATED PRESS



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GRAPHIC BY METRO

## SUBWAY SANDWICHES

## 'Footlong' class action settled

Subway customers can finally rest assured that their "Footlong" sandwiches will be as long as promised.

A U.S. judge last week granted final approval to a settlement of a class-action suit filed against Subway after an Australian teenager in 2013 posted an image of his sandwich on Facebook that was only 11 inches. The image garnered international media attention, with The New York Post writing that it found four out of seven Footlongs "measured only 11 or 11.5 inches."

A judge had given preliminary approval in October to a settlement between Subway's parent company Doctor's Associates and plaintiffs' attorneys. Final approval was granted on Feb. 25. As part of the settle-

ment, Subway agreed to institute practices for at least four years to ensure its bread is at least 12 inches long. The judge approved \$520,000 US in attorney fees and \$500 US for each of the 10 individuals who were representatives of the class, but no monetary claims were awarded to potential members of the class.

"It was difficult to prove ... because everybody ate the evidence," said Thomas Zimmerman, who was co-lead attorney for the class. THE ASSOCIATED PRESS

**It was difficult to prove ... because everybody ate the evidence.**

Thomas Zimmerman

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# Women pay more for goods: Study

## MARKETING

## Companies exploiting stereotypes, says professor

Should a pink razor or a purple pen cost more than a blue razor or black pen?

Known as the "pink tax" or gender-based pricing, it means women end up paying more for goods and services than men — from deodorant to cologne to haircuts to dry cleaning.

Companies are exploiting stereotypes we have in society, said Sarah Kaplan, a professor of strategic management at the Rotman School of Management. "People don't want their gender stereotypes exploited for profit," she said. "But I also think it's so embedded that change is going to really require businesses to rethink themselves."

A study by New York City's department of consumer af-

fairs examined the prices of 800 products, with clear male and female versions. It found, on average, products for women cost seven per cent more than similar products for men. Across the entire sample, women's products were priced higher 42 per cent of the time.

Kaplan said companies are getting trickier about disguising differences, so direct comparisons are harder to make. For example, women's and men's deodorant might be priced the same, but the women's size is smaller.

She added it is difficult for governments to legislate equality, because manufacturers will make small feature changes and argue they are not the same product.

Torstar News Service visited a number of retailers to look for items priced differently.

At Canadian Tire, children's

gardening gloves with the Teenage Mutant Ninja Turtles logo sold for \$6.99 compared with purple gloves with the sisters from Frozen at \$7.99.

"We don't price our products based on gender," said Stephanie Nadalin, a Canadian Tire spokeswoman, in an email. "The cost differential ... can be attributed to the different licensing fees."

At Shoppers Drug Mart, a two-pack of Bic For Her ball pens sold for \$5.49, compared to a two-pack Bic Velocity ball pens for \$2.99. Jill Johnson, a Bic spokeswoman in Connecticut, noted in an email that the two products have different features. She said the Bic for Her pens have "unique jewelled accents, embossed metal nose cones and clips, and barrel designs," while the Velocity pens do not have those features.

TORSTAR NEWS SERVICE

**Change is going to really require businesses to rethink themselves.**

Sarah Kaplan, Rotman School of Management



In 2013, an Australian teenager posted this image of his sandwich on Facebook that was only 11 inches. Subway has now agreed to take steps to ensure its bread is at least 12 inches long, including requiring franchisees to "use a tool for measuring bread."

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## EMMA TEITEL: YOU DON'T ALWAYS HAVE TO 'ASK HER MORE'

**The red carpet is not a political summit. It is a shallow spectacle whose sole purpose is fashion analysis by common people on the couch at home, who once a year are afforded the opportunity to quite literally sit in judgment of the stars they worship.**

At the Academy Awards on Sunday night, host Chris Rock was full of jokes about white Hollywood liberals, happy to donate money to progressive causes and shake hands with President Barack Obama, but unwilling to hire black actors or tell black stories (unless, it appears, those stories involve slavery, or a down-and-out African-American little league team that finds its stride under the guidance of a charismatic white coach from out of town).

But it wasn't the comic's racially charged barbs that shocked and appalled many of the perpetually slighted online: It was a joke, instead, at the expense of a popular feminist cause.

Rock made fun of Ask Her More, a celebrity-studded social media campaign (supporters include Reese Witherspoon and Shonda Rhimes) demanding that reporters on the red carpet ask female entertainers questions more intellectually rigorous than "Who are you wearing?"

Women, the story goes, are asked about their fashion choices and cosmetic prep, whereas men are asked solely about their work. Rock's apt and hilarious analysis of this supposedly sexist double standard went like this:

"They ask the men more because the men are wearing the same outfits. Every guy is wearing the exact same thing. If George Clooney showed up with a lime green tux and a swan coming out of his a-, someone would go, 'Hey, what

**An alternative antidote to red-carpet sexism: equal-opportunity shallowness.**

you wearing, George?'"

Indeed they would. And yet, Ask Her More advocates shot back at Rock that he had missed the point: Nobody was suggesting a moratorium on fashion-related questions. They would simply like reporters to delve deeper when they interview women on the red carpet.

less interesting than sanctimonious actors droning on about the complexity of their characters or the ins and outs of their "process."

Worse still is the recent obsession with pet social causes and intellectual posturing.

Call me shallow, but I would much rather learn what a celebrity is wearing or (in Jared



**ASK HIM LESS** Chris Rock is right to point out that if George Clooney wore lime green to the Academy Awards, he'd be asked about his wardrobe, too — so let's all agree to let the Oscars be superficial, Emma Teitel writes. GETTY IMAGES

Leto's case) how long he spent at the salon, than listen to him regurgitate the New York Times editorial he read that morning on GMOs or drone strikes.

This doesn't mean the Oscars should be politics-free. Quite the contrary: Rock's political commentary on race was both essential and excellent. But efforts to make the red carpet ceremony itself an event of legitimate substance is ridiculous and, frankly, no fun.

There is a time and a place for pure unadulterated frivolity, and if stars want to wax poetic about their professional and political achievements rather than take their fingers

And there are few things

for a walk through the "Manicam" (sorely missed this year), they can start a newsletter like Lena Dunham.

Taking a stand against fashion criticism is fruitless, even where such a stand makes sense.

In politics, for example, we may know it's unjust to single out women for their sartorial choices, but to Rock's point, it's extremely hard not to.

Women tend to wear interesting pieces and bright colours and men, for the most part, don't.

You may be the most enlightened progressive on Earth, but there is no PC tonic powerful enough to prevent you from reacting to Sarah Palin's infamous sequin-fringe bolero jacket — the jacket she wore on stage to endorse Donald Trump and the only thing in history that is actually louder than him.

Maybe where politics are concerned, the path to an egalitarian landscape in which women aren't criticized unduly for their fashion, is possible through the adoption of a standardized uniform.

For example, a more breathable version of the stretch-fabric jumpsuits worn by members of the U.S.S. Enterprise on Star Trek: The Next Generation would be highly comfortable and flattering on leaders of all shapes and sizes.

Just imagine Bernie Sanders battling it out at the podium with Hillary Clinton, both of them rocking the black and red spandex of Captain Jean-Luc Picard. That's what I call fashion-forward.

As for the red carpet, all's fair in love and wardrobe malfunctions.

**Emma Teitel** is a national columnist for the Toronto Star.

## ROSEMARY WESTWOOD

**metroview**



**Our instinct is to look away from stories like *Spotlight*. Don't.**

One well trodden story, about good people whose inaction clears a path for evil, won an Oscar on Sunday night.

*Spotlight*, the tale of how Boston Globe reporters broke a Catholic-priest sexual-abuse scandal, took home the best picture award, highlighting the need for such costly reportage just as media companies cut jobs.

The film charts the journalists' triumphs, but also underscores how many people looked the other way for so long. Priests, cardinals, the Vatican; members of Boston's Catholic community, lawyers, judges; even Globe journalists, who had been sitting on stories of priest abuse for years without much follow-up.

It's particularly ironic, then, that when I went to see *Spotlight*, it was by accident. I was even dreading it. We wanted light fun, but we arrived too late. As a Catholic, I shrank from yet another story of horrific abuse and the institution that, in effect, condoned it.

Perhaps you know this feeling: of not wanting to be a witness, to instead avoid the most disturbing realities.

The urge came back on Sunday, when my Facebook feed lit up with one acquaintance's revelation — via an article on Medium.com — that he was sexually abused at only 10 and 11 years old, by a neighbourhood man.

The drive to wilful ignor-

ance is a mark of selfishness, perhaps even nihilism — as if there was no role for me in another person's suffering. I did not click. I ignored an act of bravery. I let the link pass by. Until yesterday.

"After everything, it's still hard to say it. But every time I do, it feels a little lighter," writes Brian Kennedy. "I was sexually abused." Kennedy's pain has moved him to advocate for an end to silences. Around sex, especially when it comes to educating children. Around the emotional health of young boys, for whom macho ideals remain powerful.

As Michael Sugar accepted the Oscar, the *Spotlight* producer called for a chorus amplifying the voices of survivors, "a choir that will resonate all the way to the Vatican."

That only works if we see the movie. If we read the disturbing accounts of abuse. If we speak our dismay, our outrage, our solidarity with survivors. "The story of *Spotlight* has really just begun," Sugar told reporters backstage.

Amid this attention, it's worth remembering how many stories of suffering languish in the dark, because no one is looking for them, or someone is too afraid to speak out, or many others choose avoidance over action.

I understand why we would not want to look. But that choice is indefensible.

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## BODYWEIGHT GET FIT THE MACHINE-FREE WAY

Your body may be all the gym you need. That's the theory behind bodyweight exercise, the fitness trend that will have you pushing, pulling and crawling around your living room floor. Bodyweight movements are a simple yet challenging form of unrestricted exercise. Here are some of the basics, plus a few more challenging movements **TORSTAR NEWS SERVICE**



### 1 Pull-ups

**What it works:** Back, biceps

**What to do:** With an overhand grip on the bar above you, pull yourself up with your arms until your chin clears the bar.

**Why it's effective:** This one is simple enough — get your head above that bar up there — but it can be a real burner depending on your body size.

**What you'll need:** A door frame with a pull-up bar.



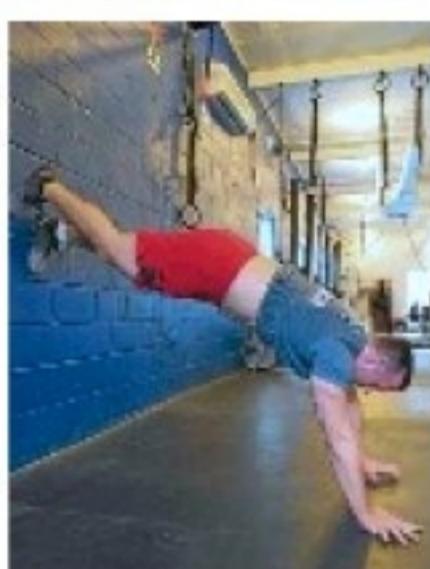
### 2 Wall Walk

**What it works:** Chest, shoulders, core

**What to do:** Start in push-up position with feet against the wall, walk yourself up the wall backward into a handstand position with your feet on the wall.

**Why it's effective:** Body-weight movements that mimic lifting weight above your head are less common.

**What you'll need:** A wall you don't mind scuffing up a bit.



### 3 Spider-Man Walk

**What it works:** Upper body, coordination

**What to do:** In a push-up position, move your left hand forward and bring your right knee to your right elbow, moving forward along the floor like Spider-Man himself.

**Why it's effective:** This is a fun, challenging push-up variation that might have you laughing at your lack of coordination skills.

**What you'll need:** Just a floor path to crawl like Spidey.



### 4 Hollow Rock

**What it works:** Core.

**What to do:** Lie on your back and use your abs to make yourself into a "bowl" shape. Hold this position or rock your body side to side or forward and back, keeping your body tight.

**Why it's effective:** This uses your abs in the way they're meant to be used, to stabilize your torso. The traditional sit-up uses your abs in a way they're not meant to be used, causing your spine to flex repeatedly.

**What you'll need:** A comfortable floor mat.



### 5 Scissor Lunge

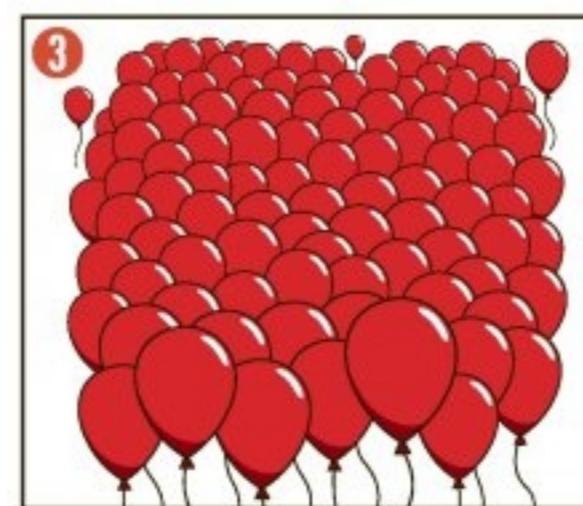
**What it works:** Lower body: thighs, quads, hamstrings, glutes

**What to do:** Jump up from a lunge position, switching legs before landing softly in the opposite lunge position.

**Why it's effective:** You know how to squat, but the lunge is superior in that it works one leg at a time, which amps up the intensity.

**What you'll need:** Nothing but floor space.

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# Oscar winner eyes change in Pakistan

## ACADEMY AWARDS

## Dual citizen filmmaker brings honour killings to light

Pakistani-Canadian filmmaker Sharmeen Obaid-Chinoy is revelling in her Oscar win, but it's the prospect of real change in Pakistan that has her beaming.

The 37-year-old claimed an Academy Award on Sunday for her short documentary on honour killings in Pakistan, *A Girl in the River: The Price of Forgiveness*.

The film examines the case of an 18-year-old girl who survived a brutal attack by her father and uncle who disapproved of her husband.

Obaid-Chinoy says she's heartened by reports that two people in Pakistan were sentenced Monday morning for an honour killing, an indication there might be a crackdown on the brutal tradition.

"For me, the biggest win is the fact that the issue I'm trying to highlight has gotten such a tremendous response, and it will continue to," Obaid-Chinoy said Monday morning from Los Angeles.

"This morning in Pakistan they sentenced two people ... for an honour killing, so it's already having some sort of reverberations. What more can a filmmaker ask for?"

Obaid-Chinoy says she celebrated her Oscar win at an after-party alongside Leonardo DiCaprio and Ben Affleck, and chatted with Mad Max star Charlize Theron and Facebook chief operating officer Sheryl Sandberg.

But she's also drawn attention from world leaders, with Prime



**On Sunday, Pakistani-Canadian filmmaker Sharmeen Obaid-Chinoy won an Oscar for her short documentary on honour killings.** THE ASSOCIATED PRESS

Minister Justin Trudeau tweeting his congratulations Monday and Pakistan's Prime Minister Muhammad Nawaz Sharif declaring in a statement that "there is no place for killing in the name of honour in Islam."

He said his government is in the process of developing legislation to stop the practice.

"Women like Ms. Sharmeen Obaid-Chinoy are not only a pride for the Pakistani nation but are also a significant source of contribution toward the march of civilization the world over," Sharif said.

Rights groups estimate that about 1,000 Pakistani women are killed every year for "bringing shame" to their families.

The killers are rarely prosecuted, because Pakistani law allows suspects to avoid punishment if they are forgiven by the family of

their victims, a provision based in Islamic law.

*A Girl in the River* is the latest in a series of socially charged investigative films from Obaid-Chinoy's Karachi-based film company SOC Film. She also won an Oscar in 2012 for the documentary short *Saving Face*, about acid attacks.

Obaid-Chinoy, a dual citizen who lived in Toronto from 2004 to 2015 and now lives in Pakistan, says Canada has had a big influence on her work.

"I have always admired Canada's long standing human rights and recently how Canada has handled bringing in the refugees and the resettlement process," she says.

*A Girl in the River: The Price of Forgiveness* is set to air on HBO Canada on March 7.

THE CANADIAN PRESS

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**JOHANNA SCHNELLER**  
**WHAT I'M WATCHING**

## Chris Rock gave Hollywood the wakeup call that it needs

**THE SHOW:** The Academy Awards (CTV/ABC)

**THE MOMENT:** The Compton Cinema

Oscar host Chris Rock has taken a camera crew to a theatre in Compton. He's asking moviegoers if they've seen the nominated films. "Spotlight? Room? How about The Bridge of Spies?" he asks one woman, who keeps shaking her head no.

"You're making these movies up," she says, giggling.

"No, they're real," Rock says.

"In London?" the woman asks.

And bam, all the white folks in Hollywood saw it: If you don't care about an audience, they don't care about you.

Perhaps sensing this, the Hollywood establishment stayed away from Sunday night's show. Presenters did not include Meryl Streep, Warren Beatty, George Clooney, Ben Affleck, or Julia Roberts. Nor did we see Denzel Washington, Viola Davis, Jennifer Lopez, Rosario Dawson, Don Cheadle, Chiwetel Ejiofor or Eva Mendes. It might not have been



**Chris Rock interviews moviegoers in Compton, asking if they've heard of any of the Oscar nominated films.**

THE ASSOCIATED PRESS

an official boycott, but it felt like an evasion.

Instead, we got lots of presenters of colour — mainly from television, which is also Hollywood, but far more diverse: Priyanka Chopra, Abraham Attah, Dev Patel, Sophia Vergara, Kerry Washington.

Rock kept the pressure on all evening, with a montage in which actors of colour popped up in the nominated films. ("I'm the Danish Girl" Tracy Morgan trilled hilariously, holding a danish.)

Rock's stealthiest, most subversive move, however, was this: He sent into the audience a multi-racial group of Girl Scouts. I'm not sure everyone got his message — there is nothing more American than a Girl Scout. This is what America looks like. But I bet the folks in Compton did.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

## Caity Domestic Medium Hair

Two-year-old Caity is a pretty girl who tends to be social on her terms... purring and head butting until she is ready to move on. She spends much of her day curled up under the blankets, taking the occasional stroll or looking out windows. Caity will then partake in some play time with her toys before taking another nap. Despite her streak of independence, Caity enjoys curling up in your lap and is becoming more tolerant of being picked up. She is currently being cared for in a foster home, so please contact the shelter to schedule a time to meet her.



For more information on Caity and other adoptable furry friends, visit [www.spcans.ca/dartmouthshelter](http://www.spcans.ca/dartmouthshelter) or contact the Nova Scotia SPCA Provincial Animal Shelter at 902-468-7877 or [dartmouth@spcans.ca](mailto:dartmouth@spcans.ca)

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# Great start and hot goalie save Huskies

AUS HOCKEY

**Cheveldave's shutout sets tone for SMU's Game 3 win**

**Kristen Lipscombe**  
Metro | Halifax

The Saint Mary's Huskies are starting to heat up.

Goaltender Cole Cheveldave backstopped his Huskies to a 4-0 win over the St. Francis Xavier X-Men on Monday night at the Halifax Forum, making 28 saves to help force Game 4 of the best-of-five semifinal.

"Chev did a good job for us," veteran forward Francis Menard said after the do-or-die victory.

"All year he's been consistent with us and it's great to have him be successful and get a shutout."

The 23-year-old Menard scored half of Saint Mary's goals Monday night. Defenceman Stephen Gillard and forward Bradley Green also contributed to the Huskies' cause.

"We came out to play hard," Menard said. "And we didn't want to lose in three (games)."

The fourth-place Huskies lost Games 1 and 2 to the first-place X-Men at St. Francis; 2-0 on Thursday and 5-1 on Saturday.



Huskies Matt Tipoff, from left, Brad Greene and Stephen MacAulay celebrate a first-period goal against the St. Francis Xavier X-Men at the Halifax Forum on Monday night. JEFF HARPER/METRO

On Monday, SMU got off to a

quick start with three straight goals in the first period and scored early in the middle frame.

Regardless of this series' outcome, the Huskies will face off in the 2016 CIS University Cup as hosts of the national championship coming to the Scotiabank Centre from March 17-20.

"No matter what, we're in nationals, but we want to keep going and build off playoffs and get some team confidence,"

Menard said.

The X-Men seemed to become increasingly frustrated as time ticked down Monday, running into serious penalty trouble late in the game.

The Huskies, meanwhile kept their cool.

"We went right after them, right off the first draw," Calgary's Cheveldave said.

The shutout is of course great for Cheveldave's confidence, but the 22-year-old quickly pointed out he "couldn't have

done it without the team in front of me tonight."

The Huskies are hoping for a repeat performance for Game 4 at home Wednesday night.

"If we lose out, we're not going to get as good as a seed as if we keep winning," Cheveldave said of seeding at the University Cup.

"That's basically what we're playing for right now, as well as pride," he said. "It would be great to be true champions in our league."

BASKETBALL

## Hoop dreams: Top teams set for tipoff



Kennisha-Shanice Luberisse of the Saint Mary's Huskies gets past Tamara Tompkins of the UPEI Panthers during last year's championship at the Scotiabank Centre. JEFF HARPER/METRO

It's set to be a big weekend for basketball in Halifax, as organizers and teams work to make the Atlantic University Sport men's and women's championships a slam dunk.

"It's my first AUS championships weekend, so I'm looking forward to just being a part of it," Dalhousie Tigers rookie Megan Thompson said following Monday's news conference at the Scotiabank Centre where the on-court action will unfold.

Thompson and the sixth-place Tigers are coming off five straight losses, but are looking to change

that this weekend.

The ladies' action starts Friday, as the UPEI Panthers take on the UNB Varsity Reds at 1 p.m. Underdog Dalhousie battles the Cape Breton Capers at 3 p.m.

The first-place Saint Mary's Huskies and Acadia Axewomen have first-round byes.

Later Friday the fourth-place men's Huskies face the UNB Varsity Reds at 6:30 p.m. before Cape Breton takes on Acadia at 8:30 p.m.

Dalhousie and UPEI have byes on the men's side.

DYLAN DESROCHE/FOR METRO

NHL

## Deadline day a dud as trades come early

Canadian teams were the driving force behind one of the quietest trade deadlines in recent memory.

Only a handful of significant transactions were made ahead of Monday's 3 p.m. ET deadline, the most notable of which saw 26-year-old Mikkel Boedker sent to Colorado and Calgary defenceman Kris Russell dealt to Dallas.

Most of the major dealing was done in the days before the deadline, highlighted by a class of Canadian teams likely to miss the post-season collectively for the first time since 1970.

Canadian clubs all sent various expiring contracts and aging players out for future assets.

A predictable seller coming into the season, the rebuilding Maple Leafs started that process in the first week of February, dealing captain Dion Phaneuf to Ottawa in a nine-player blockbuster. They continued to jettison veteran roster pieces, moving Shawn Matthias, Nick Spaling, Roman Polak, James Reimer and Daniel Winnik in various deals that netted the club six draft

picks and a prospect or two.

"I think the picks are the most important thing that we've gotten in these transactions," Leafs general manager Lou Lamoriello said after the first of two transactions with San Jose, which sent Spaling and Polak to the Sharks.

While Toronto planned to sell after signing a number of free agents to short-term contracts last summer, it's fair to suggest that none of the remaining Canadian sellers expected to be in such a position. Three of the five clubs made the playoffs last season (Calgary, Winnipeg and Montreal) and were expected to get back again this year.

Buoyed by an ever-promising group of emerging talent, which included 2015 first overall pick Connor McDavid, the Oilers were hopeful to contend for their first playoff spot since 2006. They have proven a disappointment, though, stuck as the worst team in the Western Conference on deadline day.

Edmonton dealt Teddy Purcell and his expiring contract as well as young goaltender Anders Nilsson and 25-year-old defenceman Justin Schultz, who struggled to find his fit over three-plus seasons in Edmonton. THE CANADIAN PRESS



### TEAM CANADA

#### Province's best named to women's national squad

Two of Nova Scotia's top female hockey players have made the cut for Team Canada.

Forwards Jillian Saulnier of Halifax and Blaire Turnbull of Stellarton were named Monday to Canada's women's national team that will compete on home ice at the upcoming women's worlds.

The 2016 IIHF women's world championship runs March 28 to April 4 in Kamloops B.C., where the Canadians will try to reclaim the gold medal.

The red and white snagged silver last year in Malmo, Sweden, falling 7-5 to the United States in the final game.

This will be 22-year-old Turnbull's first senior world championship appearance and 23-year-old Saulnier's second time at women's worlds. Both have played with Team Canada previously, claiming both gold and silver medals at the Four Nations Cup.

The Canadian women last won world gold at the 2012 event in Burlington, Vt.

KRISTEN LIPSCOMBE/METRO

**RECIPE** Curried Pumpkin Soup

PHOTO: MAYA VISNEY

**Ceri Marsh & Laura Keogh**  
For Metro Canada

- 1 cup water
- 1 can of coconut milk (14 oz.)

**Directions**

1. Warm olive oil in a large pot over medium heat. Add your onions and garlic and cook until they begin to soften. Now add all of the spices. Stir into the mix and let them cook for a few minutes.

2. Add pumpkin purée to the pot and give it a mix with the onions and spices. Now add the stock, water and coconut milk. Let simmer for about 20 minutes, stirring occasionally. Don't let it get too hot or the coconut milk may split.

3. Turn off the heat and allow the soup to cool a bit before either putting it into the blender in batches to purée or just giving a whiz with a immersion blender. Warm again and serve.

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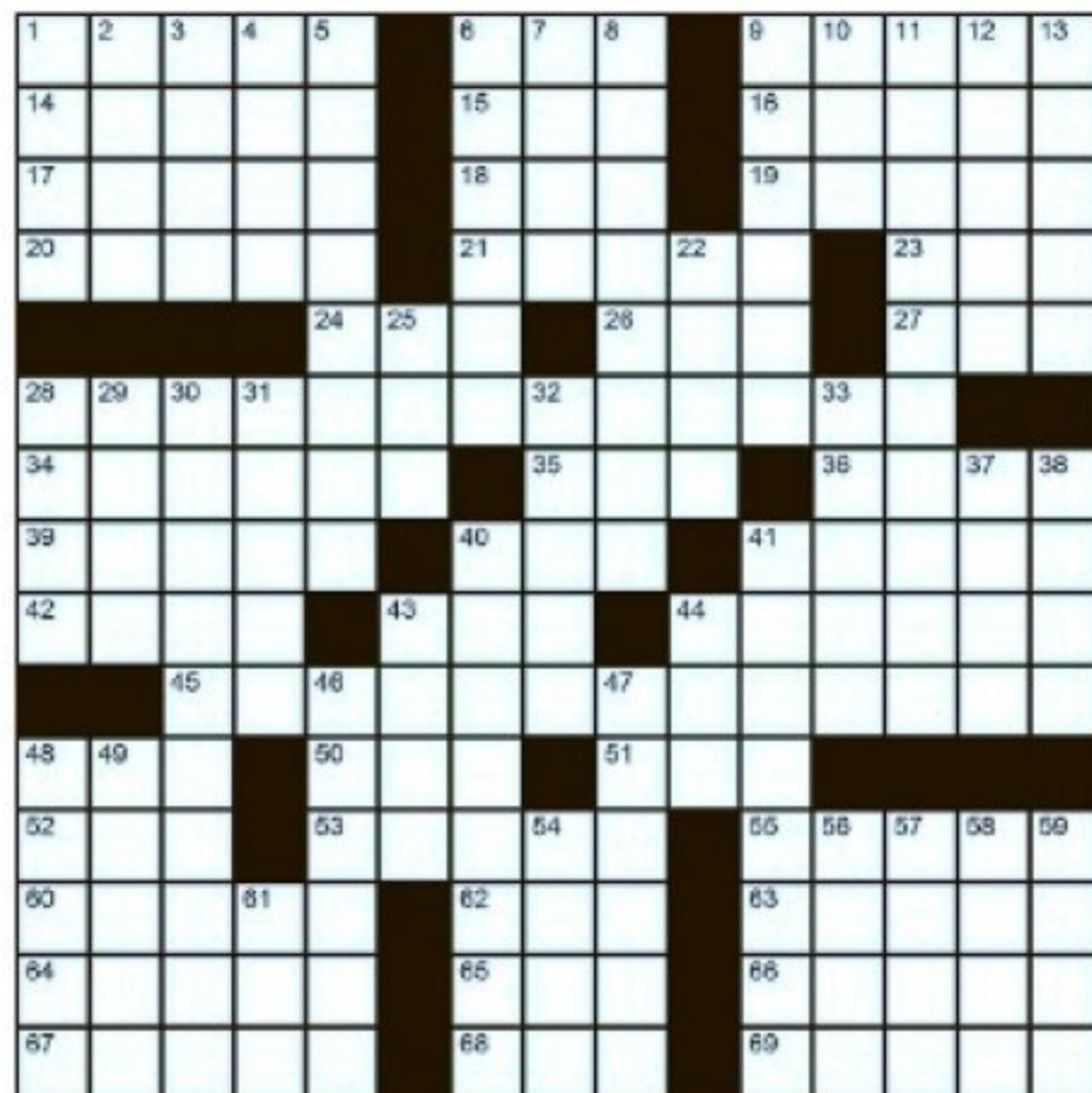
Prep time: 10 minutes  
Total time: 40 minutes

**Serves 4****Ingredients**

- 1 or 2 glugs of olive oil
- 1 onion, diced
- 2 cloves of garlic, minced
- 1 tsp ginger, minced
- 1 tsp cumin
- 1 tsp ground coriander
- 1 tsp curry powder
- 1 tsp salt
- 1 can of pumpkin purée (14 oz)
- 2 cups low-sodium vegetable or chicken stock

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- "Sweet Love" singer Ms. Baker
- "Voices Carry" by \_\_\_ Tuesday
- Dinner-and-a-movie attendee, perhaps
- "Nessun Dorma" voice
- \_\_\_ socks
- Flight watchdog org.
- + [abbr.]
- Don't share any of it
- Halt
- Current flick about a British ski jumper who competed in Calgary's 1988 Winter Olympics: 3 wds.
- Ms. West of "Footloose" (1984)
- Strong-\_\_
- Jackie Kennedy's designer Mr. Cassini
- \_\_\_ the desert
- Gone by
- Deuce-ace
- Alike
- Snacked on snacks
- Shannen's role on the show Tori also starred on
- Mark Messier, as a Stanley Cup champion in 1994: 3 wds.
- \_\_\_-12 Conference
- Alteration site
- Many a moon
- Lanois' U2 co-producer
- "All joking \_\_\_."
- Incisions
- Yorick, in Hamlet
- Nuke
- Resist the oppressors
- "\_\_\_ Coins in the Fountain" (1954)
- Outback creature
- Off-white
- "Melrose Place" star Rob
- Classified Ad Sales \_\_\_ (Newspaper job)
- Photocopy
- Armed police team letters
- White-tailed sea bird
- Acquire
- Norwegian who explored the Canadian Arctic, \_\_\_ Sverdrup (b.1854 - d.1930)
- 'Pointifies' pencils
- Corporation (Saskatchewan fertilizer company)
- Bump off: 2 wds.
- Paul Bunyan, for



- one: 2 wds.
- Horrible human: 2 wds.
- Mount \_\_\_ (Peak of Crete)
- Instinctive hunch: 2 wds.
- Collect
- Prized violin, e.g.
- Rich earth
- 'Capri' suffix
- Old Icelandic literary work
- Actor Mr. Bogarde
- Opportunity to state one's case: 3 wds.
- Ludicrous
- Gung-ho
- Oscar-winner Sophia
- Michael \_\_\_ (The Neverending Story author)
- Stuff
- Mist-making perfume bottle
- Fascinate
- Seafaring 'sures'
- Sibling to sis:
- Blues and Belugas
- Don't lose pace: 2 wds.
- Plague, in Paris
- Crosses of ancient Egypt
- Helen Mirren's title
- Exist
- Prince \_\_\_ (Alexander Borodin opera)
- Via, to a poet
- Charon's river in ancient Greek mythology
- Michele of "Knots Landing"

**\*IT'S ALL IN THE STARS** by Sally Brompton

**Aries** March 21 - April 20  
You've come to the conclusion that there are too many things going on in your life and too many people who have a claim on your time and your energy. Perhaps you should just disappear for a while.

**Taurus** April 21 - May 21  
The changes taking place around you are for the best in the long-term. If anyone tells you that it is all going to fall apart, demand to see the evidence. Chances are it doesn't exist.

**Gemini** May 22 - June 21  
Believe in your own ideas and don't be afraid to stick out your neck and take a risk or two. You're on the right track, and what you are working on is meaningful.

**Cancer** June 22 - July 23  
It will be easy for you to approach people in positions of power now, but you must not waste their time. Your proposal must be thought out because they won't be impressed if there are holes in your ideas.

**Leo** July 24 - Aug. 23  
Ask yourself what you can do to help others. Time spent helping friends and coworkers will not be time wasted and your kind words and good deeds will have a ripple effect.

**Virgo** Aug. 24 - Sept. 23  
You're too close to something you're working on and because of that you can't see its faults. Listen to advice from those who have done it before you. Learn from their mistakes.

**Libra** Sept. 24 - Oct. 23  
It's good of you to think of others and to want to help those in need but you have only so much time and energy at your disposal, so put your own needs first for a change. There is such a thing as compassion fatigue.

**Scorpio** Oct. 24 - Nov. 22  
Let partners make their own decisions and they'll discover just how difficult it is being in your position. They may, of course, cope well and decide they don't need you any more, but that's unlikely.

**Sagittarius** Nov. 23 - Dec. 21  
Make new friends. Someone you meet will open your mind to new possibilities but don't let it open so far that you lose touch with reality!

**Capricorn** Dec. 22 - Jan. 20  
If you want something enough you will get it. Money matters are under excellent stars at the moment, so consider taking a risk, even if everyone around you is telling you to stick with what you know and trust.

**Aquarius** Jan. 21 - Feb. 19  
The closer you work with others over the next few days the more likely it is you will share in something that brings benefits to everyone. By pooling your efforts you will each enjoy bigger rewards.

**Pisces** Feb. 20 - March 20  
Find yourself a place where you can be alone with your thoughts. The more you contemplate the meaning of life the more life will mean to you.

**CONCEPTIS SUDOKU** by Dave Green

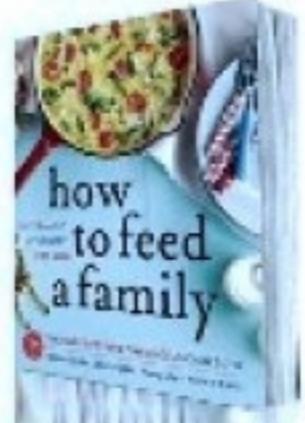
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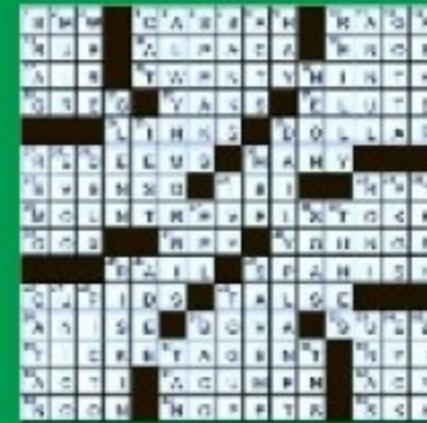
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LIVE  
**105**

LIVE ADVENTURE #39

# PEARL JAM

IN OTTAWA

LISTEN WEEKDAYS 8:15, 10:15, 4:15 & 6:15  
FOR YOUR CHANCE TO WIN!

porter

WHAT DO

LIVE  
**105** &

I · MOTHER · EARTH

HAVE IN COMMON?

# BRIAN BYRNE

THE BRIAN  
BYRNE SHOW  
WEEKDAYS  
1P - 6P